

2009 State Track and Field Meet (5/26/08)

Qualifying Standards

Boys

(Five-year average of fifth place) *

	CLASS 6A		CLASS 5A		CLASS 4A		CLASS 3A	
	FAT	Hand	FAT	Hand	FAT	Hand	FAT	Hand
100.....	11.19	10.9	11.24	11.0	11.39	11.1	11.76	11.5
200.....	22.39	22.1	22.57	22.3	22.96	22.7	23.50	23.2
400.....	50.36	50.1	50.77	50.5	51.38	51.1	52.15	51.9
800.....	1:56.09	1:55.8	1:57.09	1:56.8	1:58.65	1:58.4	2:02.16	2:01.9
1500.....	3:59.98	3:58.7	4:01.19	4:00.9	4:05.49	4:05.2	4:17.03	4:16.7
3000.....	8:43.77	8:43.5	8:46.86	8:46.6	9:03.49	9:03.2	9:26.59	9:26.3
110 High Hurd	15.28	15.0	15.52	15.2	15.66	15.4	16.49	16.2
300 Int Hurd.....	39.87	39.6	41.52	41.2	40.96	40.7	42.74	42.5
Long Jump.....		21-8		21-8		21-5		20-2
Triple Jump.....		44-3		43-6		42-4		41-0
Shot Put.....		52-7		51-6		49-6		46-6
Discus.....		152-0		151-0		146-0		140-0
Javelin.....		179-0		175-0		172-0		161-0
High Jump		6-4		6-3		6-2		6-2
Pole Vault		14-1		13-7		13-7		12-5

(Five-year average of third place)

4x100 Relay.....	42.83	42.5	43.15	42.9	44.21	43.9	44.74	44.5
4x400 Relay.....	3:21.85	3:21.6	3:24.90	3:24.6	3:27.14	3:26.9	3:31.84	3:31.6

* NOTE: Four-year average for Class 5A and Class 2A.

2009 State Track and Field Meet Qualifying Standards

Boys

(Five-year average of fifth place) *

	CLASS 2A		CLASS 1A	
	FAT	Hand	FAT	Hand
100.....	11.71	11.4	12.02	11.7
200.....	23.60	23.3	24.15	23.9
400.....	52.28	52.0	53.08	52.8
800.....	2:02.99	2:02.7	2:06.11	2:05.8
1500.....	4:17.47	4:17.2	4:22.46	4:22.2
3000.....	9:26.11	9:25.8	9:45.44	9:45.2
110 High Hurd	16.45	16.2	17.24	17.0
300 Int Hurd.....	43.17	42.9	43.54	43.3
Long Jump.....		20-4		19-9
Triple Jump.....		40-10		40-9
Shot Put.....		45-6		45-0
Discus.....		137-0		127-0
Javelin.....		161-0		154-0
High Jump		5-11		5-9
Pole Vault		12-1		11-1

(Five-year average of third place)

4x100 Relay.....	44.81	44.5	45.97	45.7
4x400 Relay.....	3:31.61	3:31.3	3:37.47	3:37.2

* NOTE: Three-year average for Class 5A and Class 2A.

2009 State Track and Field Meet Qualifying Standards

Girls

(Five-year average of fifth place) *

	CLASS 6A		CLASS 5A		CLASS 4A		CLASS 3A	
	FAT	Hand	FAT	Hand	FAT	Hand	FAT	Hand
100.....	12.57	12.3	12.69	12.4	12.99	12.7	13.31	13.0
200.....	25.75	25.5	25.96	25.7	26.60	26.3	27.13	26.8
400.....	58.28	58.0	59.23	58.9	59.40	59.1	1:01.33	1:01.0
800.....	2:18.95	2:18.7	2:20.03	2:19.7	2:22.69	2:22.4	2:24.63	2:24.3
1500.....	4:43.64	4:43.4	4:49.77	4:49.5	4:52.87	4:52.6	4:58.76	4:58.5
3000.....	10:20.98	10:20.7	10:38.38	10:38.1	10:45.00	10:44.7	11:07.92	11:07.6
100 High Hurdles....	15.72	15.4	15.85	15.6	16.39	16.1	17.19	16.9
300 Low Hurdles....	46.20	45.9	46.34	46.1	47.78	47.5	49.51	49.2
Long Jump.....		17-1		16-10		16-6		16-4
Triple Jump.....		35-8		35-9		34-8		34-1
Shot Put.....		38-6		37-6		37-0		35-6
Discus.....		121-0		115-0		114-0		108-0
Javelin.....		131-0		127-0		121-0		117-0
High Jump.....		5-2		5-2		5-0		5-0
Pole Vault.....		11-0		10-5		10-0		8-10

(Five-year average of third place)

4x100 Relay.....	48.92	48.6	49.53	49.2	50.70	50.4	51.70	51.4
4x400 Relay.....	3:57.89	3:57.6	4:00.75	4:00.5	4:03.35	4:03.1	4:13.26	4:13.0

* NOTE: Three-year average for Class 5A and Class 2A.

2009 State Track and Field Meet Qualifying Standards

Girls

(Five-year average of fifth place) *

	CLASS 2A		CLASS 1A	
	FAT	Hand	FAT	Hand
100.....	13.28	13.0	13.76	13.5
200.....	27.23	26.9	28.09	27.8
400.....	1:01.19	1:00.9	1:03.65	1:03.4
800.....	2:26.22	2:25.9	2:32.03	2:31.7
1500.....	4:57.46	4:57.2	5:16.10	5:15.8
3000.....	11:10.38	11:10.1	11:55.61	11:55.3
100 High Hurdles....	17.16	16.9	17.80	17.5
300 Low Hurdles....	49.24	49.0	50.75	50.5
Long Jump.....		16-1		15-3
Triple Jump.....		33-3		32-0
Shot Put.....		35-0		33-6
Discus.....		102-0		106-0
Javelin.....		113-0		110-0
High Jump.....		5-0		4-9
Pole Vault.....		8-5		7-7

(Five-year average of third place)

4x100 Relay.....	51.67	51.4	53.64	53.4
4x400 Relay.....	4:13.97	4:13.7	4:20.91	4:20.6

* NOTE: Three-year average for Class 5A and Class 2A.

2009 State Track and Field Meet Qualifying Standards

Class 6A Boys

(Five-year average of fifth place)

	2004	2005	2006	2007	2008	2009 FAT	2009 Hand
100.....	11.44	11.01	11.50	10.98	11.02	11.19	10.9a
200.....	22.83	22.46	22.52	22.02	22.11	22.39	22.1a
400.....	50.25	50.31	50.79	50.31	50.13	50.36	50.1a
800.....	1:56.10	1:55.34	1:56.40	1:56.32	1:56.30	1:56.09	1:55.8a
1500.....	3:57.53	3:57.86	4:00.13	4:03.63	4:00.75	3:59.98	3:58.7a
3000.....	8:38.10	8:30.74	8:47.23	8:55.96	8:46.81	8:43.77	8:43.5a
110 High Hurdles.....	15.28	15.22	15.33	15.12	15.43	15.28	15.0a
300 Interm. Hurdles.....	39.69	39.94	39.99	39.85	39.87	39.87	39.6a
Long Jump.....	21-8 ¾	22-3 ¾	21-5	21-10 ½	21-0 ¾		21-8b
Triple Jump.....	43-6	44-2 ¼	43-9	44-9 ¾	44-10 ½		44-3b
Shot Put.....	54-3 ¼	53-7 ½	51-10	51-4 ¾	51-8 ¼		52-7c
Discus.....	152-8	152-3	157-3	147-2	148-5		152-0d
Javelin.....	187-7	189-0	170-8	174-2	171-8		179-0d
High Jump.....	6-2	6-4	6-4	6-5	6-4		6-4b
Pole Vault.....	14-3	13-6	14-3	14-0	14-6		14-1b

(Five-year average of third place)

4x100 Relay.....	43.06	42.78	42.77	42.64	42.91	42.83	42.5a
4x400 Relay.....	3:20.70	3:23.76	3:24.30	3:20.46	3:20.02	3:21.85	3:21.6a

a = rounded down to nearest 10th.

b = rounded to nearest inch.

c = rounded to nearest six inches.

d = rounded to nearest foot.

2009 State Track and Field Meet Qualifying Standards

Class 5A Boys

(Four-year average of fifth place)

	2005	2006	2007	2008	2009 FAT	2009 Hand
100.....	11.01	11.50	11.28	11.15	11.24	11.0a
200.....	22.46	22.52	22.88	22.40	22.57	22.3a
400.....	50.31	50.79	51.51	50.48	50.77	50.5a
800.....	1:55.34	1:56.40	1:59.46	1:57.14	1:57.09	1:56.8a
1500.....	3:57.86	4:00.13	4:03.02	4:03.75	4:01.19	4:00.9a
3000.....	8:30.74	8:47.23	8:51.39	8:58.07	8:46.86	8:46.6a
110 High Hurdles.....	15.22	15.33	15.64	15.88	15.52	15.2a
300 Interm. Hurdles.....	39.94	39.99	40.66	41.49	41.52	41.2a
Long Jump.....	22-3 ¾	21-5	21-1 ½	21-7 ¾		21-8b
Triple Jump.....	44-2 ¼	43-9	42-11 ½	43-0 ¼		43-6b
Shot Put.....	53-7 ½	51-10	49-3 ¼	51-3 ¾		51-6c
Discus.....	152-3	157-3	144-3	151-9		151-0d
Javelin.....	189-0	170-8	171-5	169-1		175-0d
High Jump.....	6-4	6-4	6-3	6-2		6-3b
Pole Vault.....	13-6	14-3	13-6	13-0		13-7b

(Four-year average of third place)

4x100 Relay.....	42.78	42.77	43.45	43.59	43.15	42.9a
4x400 Relay.....	3:23.76	3:24.30	3:25.27	3:26.27	3:24.90	3:24.6a

a = rounded down to nearest 10th.

b = rounded to nearest inch.

c = rounded to nearest six inches.

d = rounded to nearest foot.

2009 State Track and Field Meet Qualifying Standards

Class 4A Boys

(Five-year average of fifth place)

	2004	2005	2006	2007	2008	2009 FAT	2009 Hand
100.....	11.45	11.41	11.61	11.26	11.22	11.39	11.1a
200.....	22.88	23.04	23.23	22.75	22.89	22.96	22.7a
400.....	51.47	51.90	51.44	51.27	50.83	51.38	51.1a
800.....	1:59.25	1:58.22	1:59.39	1:59.25	1:57.14	1:58.65	1:58.4a
1500.....	4:04.29	4:05.62	4:08.60	4:04.20	4:04.73	4:05.49	4:05.2a
3000.....	8:59.91	9:03.98	8:59.75	9:05.21	9:08.62	9:03.49	9:03.2a
110 High Hurdles.....	15.80	15.58	15.55	15.56	15.81	15.66	15.4a
300 Intern. Hurdles.....	40.64	41.34	41.37	40.29	41.14	40.96	40.7a
Long Jump.....	21-6 $\frac{3}{4}$	21-4 $\frac{1}{4}$	21-3 $\frac{1}{2}$	21-2	21-6 $\frac{1}{4}$		21-5b
Triple Jump.....	42-10 $\frac{3}{4}$	42-5	42-2 $\frac{1}{2}$	42-6 $\frac{3}{4}$	41-8 $\frac{3}{4}$		42-4b
Shot Put.....	52-3 $\frac{1}{4}$	47-11	47-9 $\frac{3}{4}$	49-4 $\frac{1}{4}$	49-7		49-6c
Discus.....	152-9	148-8	144-10	144-0	138-1		146-0d
Javelin.....	177-11	173-5	171-8	167-9	169-4		172-0d
High Jump.....	6-2	6-0	6-0	6-2	6-3		6-2b
Pole Vault.....	13-9	13-0	13-3	13-9	14-0		13-7b

(Five-year average of third place)

4x100 Relay.....	43.99	44.35	44.08	44.36	44.28	44.21	43.9a
4x400 Relay.....	3:26.73	3:27.60	3:26.92	3:28.37	3:26.09	3:27.14	3:26.9a

a = rounded down to nearest 10th.

b = rounded to nearest inch.

c = rounded to nearest six inches.

d = rounded to nearest foot.

2009 State Track and Field Meet Qualifying Standards

Class 3A Boys

(Five-year average of fifth place)

	2004	2005	2006	2007	2008	2009 FAT	2009 Hand
100.....	11.99	11.63	11.71	11.62	11.85	11.76	11.5a
200.....	23.62	23.20	23.43	23.74	23.52	23.50	23.2a
400.....	52.00	51.88	51.32	52.46	53.11	52.15	51.9a
800.....	2:04.10	2:03.15	2:01.86	2:00.00	2:01.71	2:02.16	2:01.9a
1500.....	4:18.65	4:15.26	4:13.75	4:13.96	4:23.52	4:17.03	4:16.7a
3000.....	9:29.64	9:32.63	9:06.16	9:20.94	9:43.57	9:26.59	9:26.3a
110 High Hurdles.....	16.77	16.14	16.17	16.54	16.82	16.49	16.2a
300 Interm. Hurdles.....	42.82	42.89	42.30	42.75	42.96	42.74	42.5a
Long Jump.....	19-11	20-7 ½	20-9 ¾	19-8 ¾	19-8 ¼		20-2b
Triple Jump.....	42- 7 ¾	41-7	41-3	40-7	38-11 ¼		41-0b
Shot Put.....	45-10	45-10 ½	46-9 ¼	46-6 ¾	46-7		46-6c
Discus.....	137-6	138-6	143-0	133-10	149-3		140-0d
Javelin.....	158-1	162-3	169-2	156-11	158-0		161-0d
High Jump.....	6-2	6-2	6-1	5-10	6-1		6-2b
Pole Vault.....	12-9	13-0	13-3	11-0	12-3		12-5b

(Five-year average of third place)

4x100 Relay.....	44.79	44.70	44.33	45.18	44.70	44.74	44.5a
4x400 Relay.....	3:31.65	3:32.12	3:29.97	3:31.65	3:33.85	3:31.84	3:31.6a

a = rounded down to nearest 10th.

b = rounded to nearest inch.

c = rounded to nearest six inches.

d = rounded to nearest foot.

2009 State Track and Field Meet Qualifying Standards

Class 2A Boys

(Four-year average of fifth place)

	2005	2006	2007	2008	2009 FAT	2009 Hand
100.....	11.63	11.71	11.72	11.78	11.71	11.4a
200.....	23.20	23.43	24.24	23.53	23.60	23.3a
400.....	51.88	51.32	52.38	53.54	52.28	52.0a
800.....	2:03.15	2:01.86	2:01.65	2:05.31	2:02.99	2:02.7a
1500.....	4:15.26	4:13.75	4:20.43	4:20.43	4:17.47	4:17.2a
3000.....	9:32.63	9:06.16	9:24.92	9:40.73	9:26.11	9:25.8a
110 High Hurdles.....	16.14	16.17	16.60	16.89	16.45	16.2a
300 Interm. Hurdles.....	42.89	42.30	43.99	43.50	43.17	42.9a
Long Jump.....	20-7 ½	20-9 ¾	20-0 ¾	19-0 ¼		20-4b
Triple Jump.....	41-7	41-3	40-6 ½	39-11 ¾		40-10b
Shot Put.....	45-10 ½	46-9 ¼	45-11 ½	43-5 ¾		45-6c
Discus.....	138-6	143-0	136-3	132-1		137-0d
Javelin.....	162-3	169-2	157-3	156-0		161-0d
High Jump.....	6-2	6-1	5-10	5-9		5-11b
Pole Vault.....	13-0	13-3	11-0	11-0		12-1b

(Four-year average of third place)

4x100 Relay.....	44.70	44.33	45.04	45.16	44.81	44.5a
4x400 Relay.....	3:32.12	3:29.97	3:30.42	3:33.91	3:31.61	3:31.3a

a = rounded down to nearest 10th.

b = rounded to nearest inch.

c = rounded to nearest six inches.

d = rounded to nearest foot.

2009 State Track and Field Meet Qualifying Standards

Class 1A Boys

(Five-year average of fifth place)

	2004	2005	2006	2007	2008	2009 FAT	2009 Hand
100.....	12.31	11.98	11.97	11.84	11.98	12.02	11.7a
200.....	24.70	24.28	24.32	24.28	23.15	24.15	23.9a
400.....	52.98	52.52	52.97	54.15	52.76	53.08	52.8a
800.....	2:05.25	2:04.52	2:07.70	2:07.35	2:05.73	2:06.11	2:05.8a
1500.....	4:20.78	4:15.55	4:24.97	4:19.40	4:31.61	4:22.46	4:22.2a
3000.....	9:55.58	9:43.05	10:01.57	9:32.49	9:34.53	9:45.44	9:45.2a
110 High Hurdles.....	17.01	17.93	17.45	17.25	16.55	17.24	17.0a
300 Interm. Hurdles.....	44.12	43.26	43.47	43.94	42.92	43.54	43.3a
Long Jump.....	20-0 ½	19-9 ½	19-1 ¾	19-7 ½	19-11 ¾		19-9b
Triple Jump.....	41-1 ¾	40-6	40-5 ¾	41-2	40-6 ½		40-9b
Shot Put.....	45-4	45-1 ¼	44-10 ½	42-3 ¼	47-5		45-0c
Discus.....	124-2	128-10	120-3	128-6	131-9		127-0d
Javelin.....	146-2	153-11	150-8	158-5	162-2		154-0d
High Jump.....	5-10	5-10	5-11	6-0	5-6		5-9b
Pole Vault.....	11-6	11-6	11-0	11-0	10-6		11-1b

(Five-year average of third place)

4x100 Relay.....	45.70	46.61	46.35	46.04	45.13	45.97	45.7a
4x400 Relay.....	3:39.38	3:37.37	3:34.54	3:37.61	3:38.47	3:37.47	3:37.2a

a = rounded down to nearest 10th.

b = rounded to nearest inch.

c = rounded to nearest six inches.

d = rounded to nearest foot.

2009 State Track and Field Meet Qualifying Standards

Class 6A Girls

(Five-year average of fifth place)

	2004	2005	2006	2007	2008	2009 FAT	2009 Hand
100.....	12.55	12.51	12.65	12.41	12.72	12.57	12.3a
200.....	26.07	25.71	25.93	25.45	25.61	25.75	25.5a
400.....	58.84	57.84	58.64	58.78	57.30	58.28	58.0a
800.....	2:16.80	2:18.30	2:20.95	2:21.26	2:17.46	2:18.95	2:18.7a
1500.....	4:43.25	4:39.80	4:45.94	4:42.44	4:46.76	4:43.64	4:43.4a
3000.....	10:18.48	10:31.40	10:21.55	10:20.28	10:13.17	10:20.98	10:20.7a
100 High Hurdles.....	15.57	15.65	16.16	15.36	15.87	15.72	15.4a
300 Low Hurdles.....	45.86	45.91	46.63	46.55	46.07	46.20	45.9a
Long Jump.....	17-2 ¼	17-5	16-9 ½	16-11 ¼	17-2 ½		17-1b
Triple Jump.....	35-6 ½	35-2 ¼	36-4 ¼	35-7	35-9		35-8b
Shot Put.....	39-2 ½	38-2 ¾	39-3 ¼	38-4 ½	37-4		38-6c
Discus.....	123-5	124-10	122-10	117-1	115-1		121-0d
Javelin.....	134-3	131-7	130-8	125-6	132-1		131-0d
High Jump.....	5-2	5-2	5-1	5-1	5-2		5-2b
Pole Vault.....	11-3	11-3	11-0	10-6	11-0		11-0b

(Five-year average of third place)

4x100 Relay.....	49.34	48.88	48.79	49.19	48.42	48.92	48.6a
4x400 Relay.....	3:59.63	3:57.59	3:56.32	3:56.06	3:59.83	3:57.89	3:57.6a

a = rounded down to nearest 10th.

b = rounded to nearest inch.

c = rounded to nearest six inches.

d = rounded to nearest foot.

2009 State Track and Field Meet Qualifying Standards

Class 5A Girls

(Four-year average of fifth place)

	2005	2006	2007	2008	2009 FAT	2009 Hand
100.....	12.51	12.65	12.89	12.70	12.69	12.4a
200.....	25.71	25.93	26.11	26.09	25.96	25.7a
400.....	57.84	58.64	1:00.16	1:00.27	59.23	58.9a
800.....	2:18.30	2:20.95	2:21.53	2:19.33	2:20.03	2:19.7a
1500.....	4:39.80	4:45.94	4:57.83	4:55.50	4:49.77	4:49.5a
3000.....	10:31.40	10:21.55	10:54.43	10:46.15	10:38.38	10:38.1a
100 High Hurdles.....	15.65	16.16	15.78	15.82	15.85	15.6a
300 Low Hurdles.....	45.91	46.63	46.58	46.25	46.34	46.1a
Long Jump.....	17-5	16-9 ½	16-4 ½	16-9 ¾		16-10b
Triple Jump.....	35-2 ¼	36-4 ¼	35-4 ½	35-0		35-9b
Shot Put.....	38-2 ¾	39-3 ¼	35-10 ½	36-2 ½		37-6c
Discus.....	124-10	122-10	106-2	107-7		115-0d
Javelin.....	131-7	130-8	122-5	122-11		127-0d
High Jump.....	5-2	5-1	5-2	5-0		5-1b
Pole Vault.....	11-3	11-0	9-6	10-0		10-5b

(Four-year average of third place)

4x100 Relay.....	48.88	48.79	50.41	50.04	49.53	49.2a
4x400 Relay.....	3:57.59	3:56.32	4:03.19	4:05.91	4:00.75	4:00.5a

a = rounded down to nearest 10th.

b = rounded to nearest inch.

c = rounded to nearest six inches.

d = rounded to nearest foot.

2009 State Track and Field Meet Qualifying Standards

Class 4A Girls

(Five-year average of fifth place)

	2004	2005	2006	2007	2008	2009 FAT	2009 Hand
100.....	13.04	13.08	13.12	12.81	12.91	12.99	12.7a
200.....	26.53	27.04	26.81	26.11	26.49	26.60	26.3a
400.....	59.21	59.20	58.70	59.22	1:00.65	59.40	59.1a
800.....	2:24.51	2:23.79	2:24.51	2:18.91	2:21.72	2:22.69	2:22.4a
1500.....	4:51.42	4:51.80	4:50.82	4:53.02	4:57.27	4:52.87	4:52.6a
3000.....	10:47.07	10:36.09	10:38.13	10:51.74	10:51.99	10:45.00	10:44.7a
100 High Hurdles.....	16.26	16.43	16.73	16.37	16.15	16.39	16.1a
300 Low Hurdles.....	47.12	48.49	47.63	47.90	47.76	47.78	47.5a
Long Jump.....	16-6 ¼	16-6 ¾	16-1	16-8 ¾	16-7 ½		16-6b
Triple Jump.....	34-2 ½	34-10 ¼	35-9	34-1 ¾	34-5 ½		34-8b
Shot Put.....	36-9 ¾	37-11 ½	37-2 ¾	35-10 ½	37-9		37-0c
Discus.....	114-10	114-0	112-11	111-4	116-11		114-0d
Javelin.....	118-11	129-6	121-10	116-1	117-11		121-0d
High Jump.....	5-0	5-2	4-10	4-10	5-1		5-0b
Pole Vault.....	10-3	10-6	10-0	9-9	9-6		10-0b

(Five-year average of third place)

4x100 Relay.....	51.06	50.79	50.86	50.41	50.38	50.70	50.4a
4x400 Relay.....	4:04.14	4:01.83	4:05.81	4:03.65	4:01.30	4:03.35	4:03.1a

a = rounded down to nearest 10th.

b = rounded to nearest inch.

c = rounded to nearest six inches.

d = rounded to nearest foot.

2009 State Track and Field Meet Qualifying Standards

Class 3A Girls

(Five-year average of fifth place)

	2004	2005	2006	2007	2008	2009 FAT	2009 Hand
100.....	13.35	13.21	13.39	13.32	13.26	13.31	13.0a
200.....	27.10	26.96	27.11	27.75	26.73	27.13	26.8a
400.....	1:02.33	1:00.97	1:00.99	1:01.48	1:00.88	1:01.33	1:01.0a
800.....	2:21.25	2:23.90	2:26.15	2:24.49	2:27.34	2:24.63	2:24.3a
1500.....	5:05.18	4:52.84	4:47.83	5:01.02	5:06.93	4:58.76	4:58.5a
3000.....	11:01.16	10:46.33	10:40.41	11:38.10	11:33.60	11:07.92	11:07.6a
100 High Hurdles.....	17.30	16.77	16.57	17.55	17.76	17.19	16.9a
300 Low Hurdles.....	49.92	48.58	48.76	50.50	49.78	49.51	49.2a
Long Jump.....	16-4 ¼	16-8 ¾	16-4 ¾	15-9 ¾	16-3 ¾		16-4b
Triple Jump.....	34-5 ½	34-5 ½	33-5 ¾	34-2	32-11		34-1b
Shot Put.....	36-1	35-4	35-8 ½	34-8	35-7 ¼		35-6c
Discus.....	113-8	110-4	101-2	109-8	107-0		108-0d
Javelin.....	121-3	115-3	117-3	112-6	116-9		117-0d
High Jump.....	5-2	5-1	5-0	4-10	4-9		5-0b
Pole Vault.....	8-6	9-3	9-0	8-6	8-9		8-10b

(Five-year average of third place)

4x100 Relay.....	51.67	51.47	51.51	51.56	52.31	51.70	51.4a
4x400 Relay.....	4:17.19	4:16.87	4:11.46	4:09.13	4:11.65	4:13.26	4:13.0a

a = rounded down to nearest 10th.

b = rounded to nearest inch.

c = rounded to nearest six inches.

d = rounded to nearest foot.

2009 State Track and Field Meet Qualifying Standards

Class 2A Girls

(Four-year average of fifth place)

	2005	2006	2007	2008	2009 FAT	2009 Hand
100.....	13.21	13.39	13.28	13.24	13.28	13.0a
200.....	26.96	27.11	27.68	27.17	27.23	26.9a
400.....	1:00.97	1:00.99	1:01.98	1:00.80	1:01.19	1:00.9a
800.....	2:23.90	2:26.15	2:25.34	2:29.50	2:26.22	2:25.9a
1500.....	4:52.84	4:47.83	5:04.06	5:05.10	4:57.46	4:57.2a
3000.....	10:46.33	10:40.41	11:33.54	11:41.22	11:10.38	11:10.1a
100 High Hurdles.....	16.77	16.57	17.38	17.92	17.16	16.9a
300 Low Hurdles.....	48.58	48.76	49.89	49.73	49.24	49.0a
Long Jump.....	16-8 $\frac{3}{4}$	16-4 $\frac{3}{4}$	16-0 $\frac{1}{2}$	15-0 $\frac{3}{4}$		16-1b
Triple Jump.....	34-5 $\frac{1}{2}$	33-5 $\frac{3}{4}$	33-8	31-3		33-3b
Shot Put.....	35-4	35-8 $\frac{1}{2}$	34-3	34-3 $\frac{1}{2}$		35-0c
Discus.....	110-4	101-2	99-9	98-6		102-0d
Javelin.....	115-3	117-3	109-6	110-5		113-0d
High Jump.....	5-1	5-0	5-0	4-10		5-0b
Pole Vault.....	9-3	9-0	7-6	7-9		8-5b

(Four-year average of third place)

4x100 Relay.....	51.47	51.51	51.99	51.71	51.67	51.4a
4x400 Relay.....	4:16.87	4:11.46	4:13.71	4:13.83	4:13.97	4:13.7a

a = rounded down to nearest 10th.

b = rounded to nearest inch.

c = rounded to nearest six inches.

d = rounded to nearest foot.

2009 State Track and Field Meet Qualifying Standards

Class 1A Girls

(Five-year average of fifth place)

	2004	2005	2006	2007	2008	2009 FAT	2009 Hand
100.....	13.85	13.62	13.66	13.94	13.75	13.76	13.5a
200.....	27.66	28.43	27.76	28.72	27.90	28.09	27.8a
400.....	1:04.30	1:02.99	1:02.25	1:04.18	1:04.51	1:03.65	1:03.4a
800.....	2:33.44	2:33.32	2:29.73	2:32.56	2:31.09	2:32.03	2:31.7a
1500.....	5:22.17	5:11.26	5:11.99	5:21.03	5:14.07	5:16.10	5:15.8a
3000.....	12:03.04	12:07.14	11:44.28	12:15.62	11:27.95	11:55.61	11:55.3a
100 High Hurdles.....	17.98	18.14	17.59	17.28	18.03	17.80	17.5a
300 Low Hurdles.....	51.60	50.41	49.56	49.71	52.48	50.75	50.5a
Long Jump.....	15-3 ½	14-7	15-3 ¼	15-9 ¾	15-5		15-3b
Triple Jump.....	32-0	31-6 ¼	31-7 ¾	32-4	32-4 ¼		32-0b
Shot Put.....	31-2	33-7	34-5 ¾	34-2 ¼	35-2 ½		33-6c
Discus.....	100-4	101-1	109-2	106-6	108-5		106-0d
Javelin.....	113-7	112-9	109-7	107-3	109-2		110-0d
High Jump.....	4-11	4-9	4-10	4-8	4-8		4-9b
Pole Vault.....	8-0	7-9	7-6	7-9	7-0		7-7b

(Five-year average of third place)

4x100 Relay.....	53.27	53.27	53.31	54.15	54.22	53.64	53.4a
4x400 Relay.....	4:21.88	4:25.38	4:17.63	4:18.82	4:20.85	4:20.91	4:20.6a

a = rounded down to nearest 10th.

b = rounded to nearest inch.

c = rounded to nearest six inches.

d = rounded to nearest foot.

IT = Inaccurate times

2008 State Track and Field Meet Extra Qualifiers

Boys

	6A Boys	5A Boys	4A Boys	3A Boys	2A Boys	1A Boys	Totals
100.....	4.....	1.....	-.....	-.....	1.....	9.....	15
200.....	1.....	1.....	-.....	-.....	-.....	5.....	7
400.....	2.....	-.....	-.....	-.....	-.....	1.....	3
800.....	-.....	-.....	1.....	1.....	-.....	1.....	3
1500.....	-.....	-.....	2.....	-.....	-.....	-.....	2
3000.....	-.....	-.....	-.....	-.....	-.....	7.....	7
110 HH.....	-.....	-.....	-.....	1.....	-.....	2.....	3
300 IH.....	1.....	-.....	-.....	1.....	-.....	1.....	3
4x100 Relay.....	-.....	-.....	-.....	-.....	-.....	1.....	1
4x400 Relay.....	-.....	-.....	-.....	-.....	-.....	-.....	0
Long Jump.....	-.....	-.....	-.....	-.....	-.....	2.....	2
Triple Jump.....	2.....	2.....	-.....	-.....	-.....	-.....	4
Shot Put.....	-.....	-.....	-.....	-.....	-.....	1.....	1
Discus.....	-.....	1.....	-.....	-.....	-.....	1.....	2
Javelin.....	-.....	-.....	-.....	2.....	-.....	4.....	6
High Jump.....	2.....	3.....	1.....	-.....	-.....	-.....	6
Pole Vault.....	3.....	1.....	2.....	-.....	-.....	-.....	6
TOTALS	15.....	9.....	6.....	5.....	1.....	35.....	71

2008 State Track and Field Meet Extra Qualifiers

Girls

	6A Girls	5A Girls	4A Girls	3A Girls	2A Girls	1A Girls	Totals
100.....	4.....	-	-	3.....	2	1.....	10
200.....	3.....	-	2.....	-	2	-	7
400.....	2.....	-	-	2.....	2	-	6
800.....	-	-	-	-	-	-	0
1500.....	-	-	-	-	-	2.....	2
3000.....	2.....	-	-	-	-	2.....	4
100 HH.....	2.....	1	-	-	-	-	3
300 LH	-	-	-	-	-	-	0
4x100 Relay.....	1.....	-	-	-	-	-	1
4x400 Relay.....	-	-	-	1.....	-	-	1
Long Jump.....	2.....	-	-	-	-	-	2
Triple Jump.....	-	-	1.....	-	-	-	1
Shot Put.....	1.....	-	-	-	-	-	1
Discus.....	-	-	2.....	-	-	-	2
Javelin.....	-	-	1.....	-	-	-	1
High Jump	2.....	4.....	2.....	-	-	-	8
Pole Vault	1.....	-	1.....	-	-	-	2
TOTALS	20.....	5.....	9.....	6.....	6.....	5.....	51

2007 State Track and Field Meet Extra Qualifiers

Boys

	6A Boys	5A Boys	4A Boys	3A Boys	2A Boys	1A Boys	Totals
100.....	5.....	-.....	2.....	1.....	-.....	17.....	25
200.....	-.....	-.....	-.....	-.....	-.....	1.....	1
400.....	2.....	-.....	-.....	-.....	1.....	-.....	3
800.....	-.....	-.....	1.....	-.....	-.....	-.....	1
1500.....	-.....	-.....	1.....	-.....	-.....	-.....	1
3000.....	-.....	-.....	2.....	-.....	-.....	1.....	3
110 HH.....	-.....	-.....	1.....	-.....	-.....	1.....	2
300 IH.....	-.....	-.....	2.....	-.....	-.....	1.....	3
4x100 Relay.....	1.....	-.....	1.....	-.....	-.....	-.....	2
4x400 Relay.....	-.....	-.....	-.....	-.....	-.....	-.....	-
Long Jump.....	3.....	-.....	-.....	-.....	-.....	1.....	4
Triple Jump.....	-.....	-.....	1.....	-.....	-.....	-.....	1
Shot Put.....	-.....	-.....	-.....	1.....	-.....	-.....	1
Discus.....	-.....	-.....	-.....	-.....	-.....	-.....	-
Javelin.....	-.....	-.....	1.....	-.....	-.....	-.....	1
High Jump.....	1.....	-.....	-.....	-.....	-.....	2.....	3
Pole Vault.....	-.....	1.....	1.....	-.....	-.....	3.....	5
TOTALS	12.....	1.....	13.....	2.....	1.....	27.....	56

2007 State Track and Field Meet Extra Qualifiers

Girls

	6A Girls	5A Girls	4A Girls	3A Girls	2A Girls	1A Girls	Totals
100.....	3.....	-	3.....	4.....	3	4.....	17
200.....	4.....	-	1.....	-	-	1.....	6
400.....	3.....	-	-	-	-	1.....	4
800.....	-	-	1.....	-	1	-	2
1500.....	-	-	-	-	1	-	1
3000.....	2.....	-	-	-	-	-	2
100 HH.....	-	-	1.....	-	1	2.....	4
300 LH	-	-	-	-	-	-	-
4x100 Relay.....	-	-	-	-	-	-	-
4x400 Relay.....	1.....	-	-	-	-	-	1
Long Jump.....	-	-	-	1	-	2.....	3
Triple Jump.....	1.....	-	-	-	-	2.....	3
Shot Put.....	1.....	-	-	-	-	1.....	2
Discus.....	1.....	-	1.....	1.....	-	-	3
Javelin.....	-	-	-	-	-	-	-
High Jump	2.....	1	-	-	-	-	3
Pole Vault	-	-	-	-	1	-	1
TOTALS	18.....	1	7.....	6.....	7	13.....	52

2008 State Track and Field Meet Qualifying Standards

Factors Utilized in Determining Standards

1. Adjustment figures from FAT (fully automatic timing) to hand times:

In all races, the adjustment figure is .24

2. If FAT not available, adjust each hand-timed performance upward by first rounding up to the nearest 1/10th of a second and then by adding .24.

3. After FAT time is converted, it is then rounded down to nearest 1/10th second.

EXAMPLE -- Class 4A Boys 100-meter dash --

1990-	11.26
1991-	11.20
1992-	11.17
1993-	11.04
1994-	<u>11.45</u>

56.12 divided by 5 = 11.22 FAT standard

11.22 minus .24 = 10.98; when rounded down to nearest 1/10th second, = 10.9 hand timed

standard.

4. When FAT not available for all five years, following is example:

EXAMPLE -- Class 3A Boys 200-meter dash --

1990-	22.92
1991-	23.26
1992-	23.00
1993- 22.6 =	22.84
1994-	<u>22.48</u>

114.50 divided by 5 = 22.90 FAT standard

22.90 minus .24 = 22.66; when rounded down to nearest 1/10th second, = 22.6 hand

standard.

NOTE: If a mile relay is run instead of a 1600-meter relay, add 1.1 seconds to the mile relay time for seeding.